Healthy kids need healthy canteens!

Always on the canteen menu

Encourage and promote these foods and drinks

These foods and drinks:
- are the best choices for a healthy school canteen
- should be available every day and be the main choices on the canteen menu
- contain a wide range of nutrients
- are generally low in saturated fat and/or sugar and/or sodium (salt).

Select carefully

Do not let these foods and drinks take over the menu and keep serve sizes small

These foods and drinks:
- contain some valuable nutrients
- contain moderate amounts of saturated fat and/or sugar and/or sodium (salt)
- if eaten in large amounts, may increase the amount of energy (kilojoules) being consumed.